

## **Namgyalgar, Australia**

October 25-27

Games beach, presence and awareness

With Arnaud Coquillard

November 16

Harmonious Breathing Workshop

At Sydney Buddhist Library

November 15-17

Harmonious Breathing & 7<sup>th</sup> Lojong

With Arnaud Coquillard

Natural State Holidays

Yantra Yoga & Wellbeing

February 12-17, 2020

Tasmania

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